




July 2021 Golden Years Café

Located at Northern Exposure Restaurant
4384 Deerskin Rd, Phelps, WI
Meals Sponsored by the ADRC of Vilas County

Monday	Tuesday	Wednesday	Friday
			2 Ham Steak Parsley Potatoes Corn Whole Wheat Bread Fruit
5 NO SENIOR MEALS CLOSED FOR HOLIDAY 	6 Taco Salad with Mixed Dark Greens Tomatoes, Cheese, Salsa Sour Cream Whole Wheat Bread Fruit	7 Chicken Cordon Bleu over Rice & Gravy Mixed Vegetables Whole Wheat Bread Fruit Ice Cream	9 Crunchy Fish Sticks American Fries Mixed Dark Greens Salad Tomato Whole Wheat Bread Fruit
12 Beef & Bean Burrito with Lettuce, Tomato, & Cheese Sour Cream & Salsa Fruit	13 Lasagna Mixed Dark Greens Salad Tomato Garlic Bread Fruit	14 Salisbury Steak Mashed Potatoes & Gravy Carrots Whole Wheat Bread Fruit	16 Brat Patty on a Whole Wheat Bun Pasta Salad Baked Beans Fruit
19 Chicken Alfredo over Pasta Mixed Dark Greens Salad Tomato Whole Wheat Bread Fruit	20 Cheddar Cheese Bacon Pork Patty Whole Wheat Bun Baked Beans Fruit Ice Cream	21 Country Fried Steak Mashed Potatoes Gravy Corn Whole Wheat Bread Fruit	23 Fish Sandwich on a Whole Wheat Bun Baked Potato Rounds Mixed Dark Greens Salad Tomato Fruit
26 Chicken Parmigiana with Tomato Sauce over Pasta Mixed Vegetables Whole Wheat Bread Fruit	27 Beef Pasty with Gravy Mixed Dark Greens Salad Tomato Garlic Bread Fruit	28 Open Face Chicken Breast Sandwich over Whole Wheat Bread Mashed Potatoes Gravy Green Beans Fruit	30 Baked Fish Baked French Fries Baked Beans Whole Wheat Bread Fruit

***Lighter substitute available in place of Main Entrée: Healthy Salad**

*All meals served with Fat-free Milk, Whole Grain Rolls/Bread with Margarine.

Meals served Monday, Tuesday, Wednesday & Friday at noon.

Reservations or Cancellations MUST be made 24 hours in advance.

Call **Judi Heikkinen at (715) 545-3697** to reserve or cancel a meal.